

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are usually due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate quickly produces a welcome transformation in the appearance; the increase in weight frequently being astonishing.

This increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, soon disappear, dull eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION.—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its remarkable flesh-growing properties, be used by anyone who does not desire to put on flesh.

A Young Girl

well groomed is an attractive sight.

Red Cross Ball Blue

if used in the laundry will give that clean, dainty appearance that everyone admires. All good grocers sell it; 5 cents a package.

She Knew.

An Evansville mother and her two children were visiting her sister's home for the evening, says the Indianapolis Star. The grown niece, who was fond of the children, fed them candy. All at once she turned from the children to offer her young aunt some gum. The aunt smiled.

"No, I don't believe I care for any," she returned.

Then Nora, the seven-year-old cousin, spoke up.

"Yes, you do, too, mother," she piped. "You know you always beg us children for some of ours on the way home from here every time we come."

Looked Like It.

One of our camps was near the historical ground over which General Sherman made his famous march to the sea. One day the boys in an aero squad were working on several planes. One had seemed to be having a hard time completing his task. He sweated in silence and finally threw down his tools and remarked: "This must be the spot where Sherman said what war is!"—Exchange.

Kill the Flies Now and Prevent disease. A DAISY FLY KILLER will do it. Kills thousands. Lasts all season. All dealers, or five cent express paid for \$1.25. H. SOMERS, 150 De Kalb Ave., Brooklyn, N. Y. Adv.

Thrift of Time.

Thrift of time will repay you in after life with a usury of profit beyond your most sanguine dreams.—Gladstone.

DOAN'S KIDNEY PILLS

Mrs. Jones Was in Serious Condition From Dropsy. Doan's Made Her Well.

"I don't think many have gone through such misery as I," says Mrs. C. Jones, 139 Federal St., Burlington, N. J. "That awful pain in my back felt as though my spine were crushed. My head ached and I had feeling and falling sensations when everything would turn black. Though the kidney secretions passed ten or fifteen times in an hour, only a few drops came at a time and they felt like boiling water. I soon found I had dropsy. I bloated all over. My face was so swollen I could hardly see out of my eyes. My ankles and feet felt as though they would burst if I put any weight on them. My night clothes became wringing wet with sweat and I would get chilly and shake all over. Doan's Kidney Pills soon had me feeling like a different woman. My kidneys were regulated and all the swelling went away. The aches and pains left me and after I had finished my eighth box of Doan's, I was as well as ever. My kidneys have never bothered me since Doan's Kidney Pills cured me."

Subscribed and sworn to before me,
J. LEEDOM SMITH,
Notary Public.
Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
POSTER-MILBURN CO., BUFFALO, N. Y.

V. N. U., SIOUX CITY, NO. 19-1919.

FINE CROPS SURE

Outlook in Western Canada Never More Favorable.

Perfect Weather Conditions Enabled Early Seeding and Wheat Has Long Been Above Ground in the Land of Opportunity.

The greatest optimism prevails throughout every district in Western Canada. From the eastern boundary of Manitoba to the slopes of the Rocky Mountains the farmers have been busy for three weeks in seeding operations. Last fall, even for Western Canada, was an exceptional one. Threshing was completed at an early date and the amount of fall plowing made ready for crop from fifteen to twenty-five per cent more acreage than in any year in the brief history of the country. Therefore there was ready for seeding this spring an acreage away beyond anything ever before experienced in that country.

On April 20 Calgary (Alta.) reported that in south country points there was a notable spirit of optimism amongst the farmers there. Moisture and weather conditions were good, while land in most places was in the best possible condition. More tractors were being put into operation than in any previous year. In some parts of the south country, however, there was a marked shortage of labor, but in the consideration of the country as a whole the labor outlook was bright.

Seeding operations were well under way in every part of Western Canada by the fifteenth of April. The practice of the farmers in that country is to commence as soon as the frost is out of the ground enough to allow the fresh seed bed to be worked up well. Beneath this the ground may still be frozen, but from this frost the young and tender wheat roots get the moisture at first so necessary to its existence. The warm days of spring and the long hours of sunlight that are ushered in with it thaw the frost out day by day and pay to the growing plant the moisture as it is needed. Nature's way of producing moisture to the young wheat plant is one of the chief reasons why Western Canada has become world famous as a wheat-producing country. What may be said of wheat can as truly be said of oats and barley, and yes, in fact, corn, too. Rapid and strong growth is stimulated in this manner. Heavy spring rains usually occur after seeding is over and the grain well above ground. Already a report has been received, dated April 20, that a farmer near Cabri, Saskatchewan, had 180 acres of wheat showing above the ground.

A good, strong and sturdy wheat plant is necessary when it is expected that there will be produced a forty-bushel-to-the-acre crop of wheat of a quality that will weigh out its sixty-five pounds to the measured bushel.

These spring wheat conditions represent but one of the reasons why Western Canada has been able to produce, with so little effort, world's record grain crops, wheat and oats that have carried off all championship awards at America's largest exhibitions.

Western Canada has this spring shipped ten thousand bushels of Marquis wheat, the variety that holds most of the world's championships, to Australia, where it is to be tried out. Seventy-five thousand bushels of the same variety has been sent to France to be used for seed.

The wheat lands of Western Canada are probably the most undervalued of any on the continent.

A comparatively small acreage of Western Canada's lands has been sold as high as \$60 an acre. The greater portion of the best farming land in its unimproved state may be purchased at \$25 an acre. The comparison between these prices and an annual revenue derived from grain-growing alone, with big yields and present prices, can but more firmly impress one with the certainty of a rapid increase within the next few years.—Advertisement.

Who Blushed Then?

A pretty young teacher was once placed in charge of a class of boys and she asked them what they would like to be when grown up.

They all had very high notions, one was to be an actor, one a sailor, one a lorry driver, and another a cowboy. Presently it came to a pretty fair-haired boy to state his wish.

"What would you like to be?" said the teacher.

Jackie blushed deeply, and looked shy and afraid.

"Come, tell me your wish, Jackie, please!" said the teacher.

"Please—er—please, my wish—er—is to be—your husband!" he blurted out.—London Answers.

ALLEN'S FOOT-EASE DOES IT. When your shoes pinch or your corns and bunions ache get Allen's Foot-Ease, the antiseptic powder to be shaken into shoes and sprinkled in the foot-bath. It will take the sting out of corns and bunions and give instant relief to Thred, Aching, Swollen, Tender feet. Sold everywhere. Don't accept any substitute.—Adv.

The Proper Vehicle.

"How foolish some of these poets are in their imagery! Now, how can a lover's lady drink to him with her eyes?" "Couldn't she use a looking-glass?"

What Better?

He—What is your highest ambition? She—Six feet one and just released.—Gargyle.

One man with an idea is worth 40 men in an old rut.

FAMOUS ST. PAUL'S

Historic Edifice Beloved by All Londoners.

In Its Architecture the Building, the Largest Protestant Church in the World, Embodies Ideas of Many Periods.

"Even the war could not stop work on St. Paul's cathedral in London. The famous church, like the English constitution, represents a growth of centuries and not a definite period of construction."

This statement is made in a bulletin of the National Geographic society in connection with a London dispatch, which notes a request for additional funds to complete repair work on St. Paul's.

"England's esteem for the historic edifice is shown by the continuation of the restoration work throughout the war, despite the interruption to practically all other building," the bulletin says. "Still fresh in public memory is the notable service of consecration, attended by royalty and distinguished Americans then in London, held in St. Paul's April 20, 1917, to commemorate the entry of the United States into the war."

"St. Paul's is the largest Protestant church in the world. Its dome is one of the most beautiful. The church embodies architectural ideas of many periods, because it is not the product of a generation, or even a century. True, Sir Christopher Wren is credited with the structure as it stands today, but he embodied many features of the famous 'Old St. Paul's,' razed in the great London fire, 1666. Wren did not finish the restoration to be after the 'Gothick Rudeness of the Old Design.' But he was compelled to modify his own plans to a considerable extent. Said he, of the balustrade added over his veto: 'Ladies think nothing well without an edging.'"

"To this famous mathematician, astronomer and architect the London fire blew much good. He had commissions to draw plans for rebuilding half a hundred churches. From these were modeled many of the American churches of colonial days. For his masterpiece, St. Paul's, Sir Christopher is said to have received less than the equivalent of \$1,000 a year, an amount which might engage the attention of a modern architect of his standing for an afternoon's consultation. The building was paid for by a tax on sea-borne coal to London.

"The motto was appropriate. Some historians believe the cramped Ludgate Hill site originally was that of a Roman shrine of Diana. A Christian church is known to have been built there in the early seventh century. It was burned two decades after William the Conqueror came to England. From the ruins emerged 'Old St. Paul's.' Fire destroyed that building, too, but it was restored on an even more pretentious scale.

"At the 'Old St. Paul's' John Wycliffe faced the charge of heresy, Tyndale's New Testament was burned, Wolsey heard the reading of the papal condemnation of Luther and, under 'Powe's cross,' now marked by a memorial, heretics were forced to recant and witches to confess.

"Even before the great fire 'Old St. Paul's' was crumbling, partly from a succession of lightning strokes and partly from neglect. Wine cellars and workshops were to be found beneath its lengthy corridors. The old building was nearly as long as the union station at Washington. The nave became 'Paul's Walk,' a promenade.

"Two towers, as well as the dome, make the new St. Paul's conspicuous. In one tower 'Great Paul,' a 17-ton bell, booms out daily at 1 p. m. A smaller bell tolls when there is a death in the royal family.

"Tombs of Wellington and Nelson, Turner and Reynolds and of other famous men are to be found in St. Paul's. Over Wren's grave is a plain tablet bearing a Latin inscription counseling the visitor to look about him if he would find the architect's monument.

"Sir Christopher should have become renowned as a city planner as well as a church builder. After the fire he prepared a plan that would have made London a city of wide streets and radiating avenues. But Londoners had become reluctant to relinquish property in family tenure for years, unlike citizens of such newer cities as Baltimore and Chicago. St. Paul's itself has owned a farm in Essex since the seventh century."

How to Tame Hubby.

Modern wives, here are a few tips on how to keep that husband of yours from becoming a wild man. Mrs. Gene Holmes of Evanston, named by Mrs. George Remus as the other woman in Chicago's latest triangle, is sponsor for the tips.

Need we explain Mrs. Remus is seeking a divorce from her husband? Here are the tips:

Give the husband all the rope he wants—he'll never hang himself. Never, never try to curb his liberty; make him happy; keep the home cozy and attractive; always appear cheerful and pretty—always; feed him well, pet him, humor him—these three things alone will keep him from causing you any trouble; never look upon him as a mere provider—they should be treated like pets.

"If," says Mrs. Holmes, "after doing all these things the husband doesn't want to stay at home—he isn't human that's all."

LIFT OFF CORNS!

Drop Freezone on a touchy corn, then lift that corn off with fingers



Doesn't hurt a bit! Drop a little Freezone on an aching corn, instantly that corn stops hurting, then you lift it right out. Yes, magic! No humbug! A tiny bottle of Freezone costs but a few cents at any drug store, but is sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation. Freezone is the sensational discovery of a Cincinnati genius. It is wonderful.

Criticism.

Billy Sunday tells with gusto of the subtle criticism that a pretty Philadelphia girl once passed on his informal preaching methods.

The revivalist halted at the end of an impassioned Philadelphia harangue, rolled down his sleeves, put on his coat and said:

"And now, dear friends, are there any questions?"

All the congregation was silent except the pretty girl. She asked from her front pew:

"May I smoke?"

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

She Understood.

The preacher had been talking about the necessity for a "new heart." Little Bess' father took her on his knee and gravely asked if she understood what a new heart was.

"Oh, yes, indeed," she answered, brightly. "It's a kind of heavenly stomach."

A Lady of Distinction.

Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum Powder usually means a clear, sweet, healthy skin.—Adv.

When Money is a Curse.

It is only when money is cheapened to worthlessness for some, and made impossibly dear to others, that it becomes a curse. In short, it is a curse only in such foolish social conditions that life itself is a curse.—George Bernard Shaw.

Dr. Pierce's Pleasant Pellets put an end to sick and bilious headaches, constipation, dizziness and indigestion. "Clean house." Adv.

If some people were to think twice before speaking they would never say anything.

Counterfeiter Caught! The New York health authorities had a Brooklyn manufacturer sentenced to the penitentiary for selling throughout the United States millions of "Talcum powder" tablets as Aspirin Tablets.

Warning!

Don't buy Aspirin in a pill box! Get Bayer package! Never ask for just Aspirin Tablets! Always say, "Give me a package of Bayer Tablets of Aspirin." Insist that every Aspirin Tablet you take must come in the regular Bayer package and the "Bayer Cross" must appear on this package and on each tablet.

Bayer-Tablets of Aspirin

For Pain
Headache
Neuralgia
Toothache
Earache
Rheumatism
Lumbago



Colds
Grippe
Influenza
Colds
Stiff Neck
Joint Pains
Neuritis

Adults—Take one or two "Bayer Tablets of Aspirin" with water. If necessary, repeat dose three times a day, after meals.

Proved Safe by Millions! American Owned!

Boxes of 12 tablets—Bottles of 24—Bottles of 100—Also Capsules.

Aspirin is the trade mark of Bayer Manufacture of Monocetacidester of Salicylic Acid

They Still Exist.

"The peace-at-any-price man doesn't exist any more." "Doesn't, eh? Don't the married men count at all?"

Friendly Chatter.

Belle—Do I make myself plain? Nell—Ah, nature saved you that trouble.

Indigestion, Gas and Bloat From Acid-Stomach

An acid-stomach cannot digest food properly. Instead, the food sours and ferments, and, passing into the intestines, becomes a breeding place for countless millions of deadly germs—poisonous they are called. These poisons are absorbed into the system and cause untold misery. So, you see, it is just acid-stomach, nothing else—that makes so many people weak, listless and unfit; saps their strength and energy; robs them of their vigor and vitality. Biliousness, bad liver, nervousness, blinding, splitting headaches, rheumatism, lumbago, sciatica—these and many other still more serious ailments often are traced to the common source—an acid-stomach. Take EATONIC and get rid quickly of the pains of indigestion, heartburn, that horrible, lumpy, bloated feeling after eating; disgusting, belching, food-repeating; sour, gassy stomach. These stomach miseries are caused by what doctors call "Hyperacidity." It's just ACID-STOMACH. And in addition to the pains and miseries it causes, ACID-STOMACH is the starter of a long train of ailments that most people never dreamed are in any way connected with the stomach. Pleasant tasting EATONIC TABLETS—Do you eat like a bit of candy, quickly put an end to your stomach troubles. They act as an absorbent—literally wipe up the excess hurtful acid and make the stomach pure, sweet and strong. Help digestion so that you get all the power and energy from your food. You cannot be well without it! If you are one of those who have "tried everything" but in spite of it still suffer all kinds of acid-stomach miseries—if you lack physical and mental strength and vigor—begin at once to take EATONIC. Get back your physical and mental punch and enjoy the good things of life. Like thousands of others you will say you never dreamed that such amazing quick relief and such a remarkable improvement in your general health was possible. Your druggist has EATONIC. We authorize him to guarantee it to give you instant relief or refund your money. Get a big box of EATONIC today, it costs but little and the results are wonderful!

EATONIC FOR YOUR ACID-STOMACH

ATTENTION! Sick Women

To do your duty during these trying times your health should be your first consideration. These two women tell how they found health.

Hellam, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles and a displacement. I felt all run down and was very weak. I had been treated by a physician without results, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and felt better right away. I am keeping house since last April and doing all my housework, where before I was unable to do any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter."—Mrs. E. R. CRUMLING, R. No. 1, Hellam, Pa.

Lowell, Mich.—"I suffered from cramps and dragging down pains, was irregular and had female weakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at once and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar way."—Mrs. ELISE HEIM, R. No. 6, Box 83, Lowell, Mich.

Why Not Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

